

Sept. 22, 2015

INAUGURAL 5K WALK RUN CAN BE FIRST STEP TO HEALTH



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Lee County—The Florida Department of Health in Lee County, in partnership with the City of Fort Myers and Healthy Harvest Community Farms invites you to participate in their inaugural 5K Walk/Run on Saturday, September 26. DOH-Lee's participation expands its focus on World Heart Day to bring attention to the fact that heart disease and stroke are preventable, yet the world's leading causes of death.

The 5K Walk/Run can be the first step or an extension of a lifestyle to become healthier. This event is a fitting start to National Family Health and Fitness Day. It's an opportunity to simplify your fitness and learn how to overcome the obstacles to making physical activity become a part of your daily routine in balance with work and life.

Bring the family and be inspired through education and action you can do right in your own neighborhood.

What: 5K Walk Run

When: 7:30 a.m. registration—8 a.m. start
Saturday, Sept. 26, 2015

Where: SWFL Enterprise Center
3901 Dr. Martin Luther King, Jr, Blvd., Fort Myers

When posting on social media, please use the hashtag #FLHearts. Register online [here](#)

World Heart Day is celebrated in collaboration with Healthiest Weight Florida and Tobacco Free Florida. The public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.

Tobacco Free Florida is a statewide cessation and prevention campaign funded by Florida's tobacco settlement fund. Tobacco Free Florida is managed by the Florida Department of Health, specifically the Bureau of Tobacco Free Florida. Smokers and smokeless tobacco users interested in quitting are encouraged to use one of the 3 Free & Easy Ways to Quit. To learn about Tobacco Free Florida and the state's free cessation

resources, visit www.tobaccofreeflorida.com or follow the campaign on Facebook at www.facebook.com/TobaccoFreeFlorida or Twitter at www.twitter.com/tobaccofreefla

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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